

FREEDOM LABYRINTH PATH

A THERAPEUTIC WALKING MEDITATION

JOIN THE WASHINGTON DC VA MEDICAL CENTER
ON A JOURNEY TO RELAXATION AND STRESS REDUCTION



WHAT: The Freedom Labyrinth Path

WHEN: Tuesday, March 30, 2010,
2:00 pm – 4:00 pm

(Held every other Tuesday)

WHERE: 4th Floor Auditorium

WHO: Veterans, Staff, and Visitors

- It takes about 15 minutes to half hour to walk the labyrinth.
- The labyrinth is a place to slow down, relax, reflect, and relieve stress which can be therapeutic.
- You walk at your own pace, in your own manner.
- You can't get lost and no experience is necessary!
- The path winds in a circular pattern towards a midpoint, one way in and the same way out.

MINDFUL WALKING OF THE LABYRINTH IS AN ANCIENT TRADITION THAT CROSSES
MANY ETHNIC, CULTURAL, SOCIO-ECONOMIC, EDUCATION, AND
AGE BACKGROUNDS.

Sponsored by: Washington DC VA Medical Center's **War Related Illness and Injury Study Center (WRIISC)** and
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